



## **WELLNESS IN THE WORKPLACE TRAINING DESCRIPTION**

This fun, interactive event blends together innovative research-based strategies and well-being practices for employees to thrive in today's world.

**RESEARCH:** Explore the latest neuroscience and research relating to human needs, stress/trauma, attention spans, happiness habits, and more.

**POSITIVE CULTURE:** Create foundational practices that cultivate connection and build staff rapport.

**SIMPLE PRACTICES:** Feel comfortable implementing brain-based habits that decrease stress.

**SUSTAINABILITY:** Keys for creating consistency, ensuring success for all.

**PLAN:** Leave with a well-being plan to implement immediately.

Training Website Link: <https://www.generationwellness.com/wellness-training>

## **AGENDA**

- Introduction: Why these next two hours matter + what will be covered
- Connection-building activities for the workplace
- Human needs + the importance of play/connection
- The brain + body response to stress
- Regulation spaces + Wellness Rooms
- Brain Break: Community Rock, Paper, Scissors
- Stress + vicarious trauma
- Emotional regulation activities
- Self-care strategies

- Brain Break: String + Washer Activity
- Well-Being Assessment
- Brain Break: Reflection Circle
- Keys for sustainability
- Create WOOP Goal
- Closing Activity: Wow or Wonder

## **BIO**

Lyndsay Morris, M.Ed, RYT-200 is the founder of Generation Wellness and creator of the Generation Wellness App. She has spent the last decade infusing simple wellness practices and connection activities into classrooms, companies, and communities around the world. Lyndsay believes that every human being should have the opportunity to learn simple tools that lead to self-awareness, self-regulation, and self-care, so that all have the opportunity to thrive.